Denial Worksheet

Denial is not only a coping style; it is also a way to keep our disease and other problems hidden from others and from ourselves. It is very important for you to understand that even if you do not have denial as one of your primary coping styles, you most likely have used denial to help cover up your addiction. On the previous page, there is information on the various ways we can use denial. Read over the information and figure out which types of denial you tend to use most. This is important for you to know, because if you know how you use denial, you will be better able to catch yourself using it later.

 Of all the forms of denial listed, which ones do you tend to use most? Also, after you list each one, write a brief example of when you have used that type of denial.
2. Imagine yourself one month out of treatment and list 3 signs for each of the types you listed
n the above question that you would notice in yourself if you were using denial.

Keys to Success